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The instructions given in this publication for boning, cutting, and cooking hams were prepared for the use of schools receiving pork products purchased through the U. S. Department of Agriculture's program to remove surplus agricultural commodities from the market.

BONING, CUTTING, AND COOKING HAMS FOR SCHOOL LUNCH USE
Prepared by Food Distribution Branch
Production and Marketing Administration

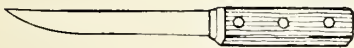
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Boning out a ham before cooking it will save from 1 to 3 hours cooking time, depending upon the size of the ham and the boning method used. Removing the bones also reduces the space required for cooking the ham and it makes the slicing job easier. Two methods for boning hams are described and illustrated in this publication.

Method No. 1 shows how to remove the bones from the meat, keeping the ham whole for cooking. After the ham is baked or boiled, it is cut into three pieces for slicing across the grain of the meat. This method, which is suitable for hams weighing less than 14 pounds, has been demonstrated at school lunch workshops in a number of States and is now being used by many school lunch cooks.

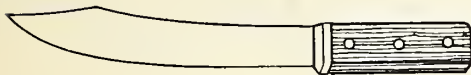
Method No. 2 shows how to remove the bones while cutting the ham into three pieces that may be cooked in approximately the same length of time. This method is suitable for large hams, weighing over 14 pounds, which would otherwise require a long cooking period. It is similar to the method now being used in Army camps.

The following equipment is needed to bone out a ham by either method:



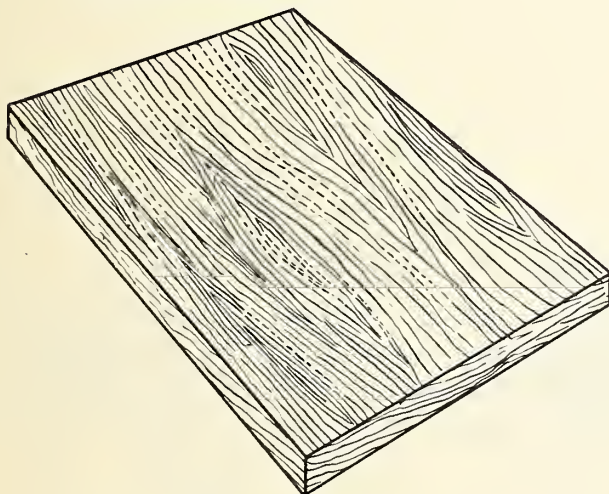
Boning knife.

A boning knife with a flexible 6-inch blade to cut around the bones and through the joints.



Butcher knife.

A butcher knife with a 10 to 12-inch blade to trim and cut the ham.



Cutting board.

A cutting board with a smooth surface. It may be made from a hardwood plank, 1 3/4 inches thick, 12 inches wide, and 18 inches long.

It is important to have the knives sharp for boning and cutting hams. To prevent accidents, keep the hands and knife handle free from grease by wiping them frequently with paper towels or a dry cloth.

METHOD NO. 1 FOR BONING AND CUTTING A SMOKED HAM

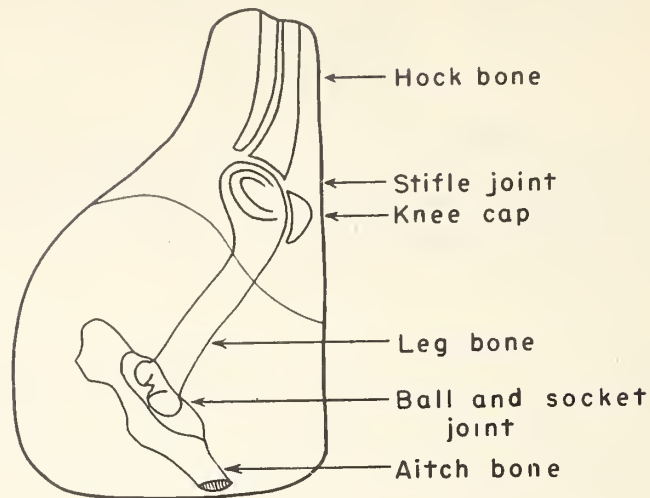
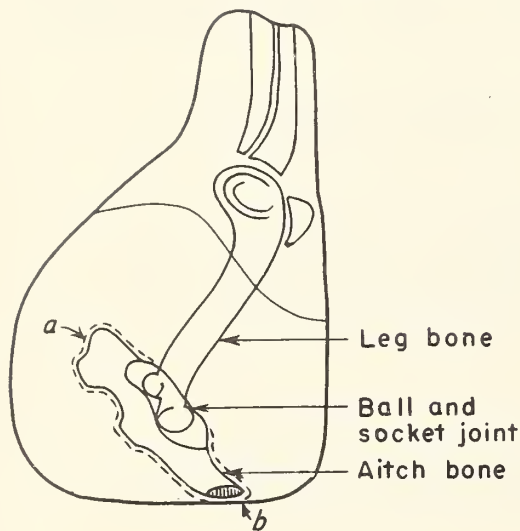
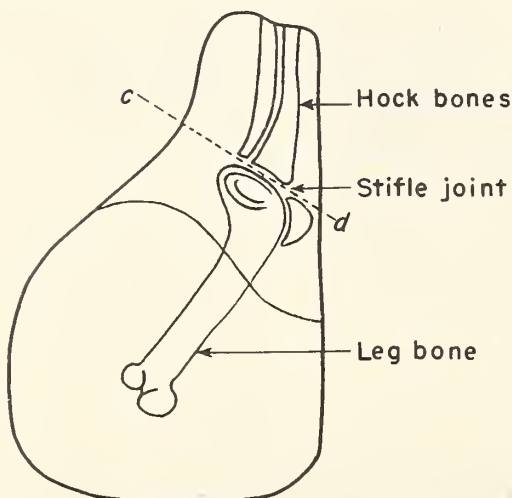


Diagram showing location and name of each bone and joint.



Steps 1 and 2.

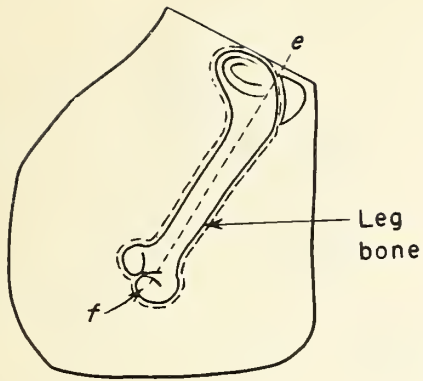


Step 3.

Step 1.--Place ham on cutting board fat side down.

Step 2.--Remove aitch bone. Follow dotted line a--b, using tip of boning knife to cut around and underneath aitch bone. Follow contour of bone closely. With the hand lift aitch bone up at "a" to see position of ball and socket joint. With the point of the knife cut through the joint to separate aitch and leg bones.

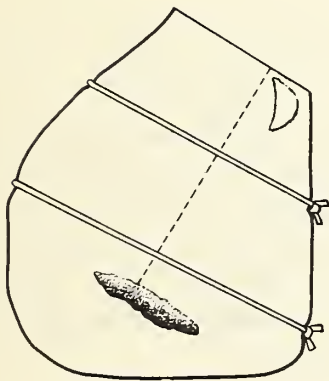
Step 3.--Remove hock. Follow dotted line c--d, cutting through the meat down to and around stifle joint. Use point of boning knife to cut through stifle joint to separate hock bones and leg bone.



Steps 4 and 5.

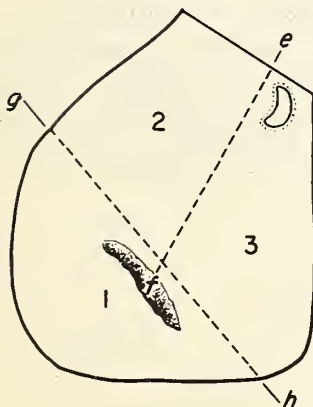
Step 4.--Trim the ham of skin and excess fat, leaving from $\frac{1}{4}$ to $\frac{1}{2}$ inch of fat.

Step 5.--Remove leg bone. Follow dotted line e--f, cutting through meat to leg bone. While pulling meat back with hand, cut meat loose from the bone and lift bone out. In cutting, use point of boning knife and follow dotted line around the bone.



Step 6.

Step 6.--Tie the ham together with two or three pieces of string so that it will hold its shape while cooking. The strings should be tight as the ham will shrink during cooking. The bone cavity at the center of the ham may be lightly stuffed with fruit such as raisins and pineapple, if desired, or left hollow. Do not stuff cavity with ham trimmings as this will increase the cooking time.



Steps 7 and 8.

Step 7.--After the ham has been cooked, cut it into three parts to permit slicing across the grain of the meat and to make the slicing job easier. Remove the No. 1 piece, cutting along dotted line g--h. Separate the No. 2 and No. 3 pieces by cutting along dotted line e--f.

Step 8.--Remove knee cap from No. 3 piece before slicing the ham.

METHOD NO. 2 FOR BONING AND CUTTING A SMOKED HAM

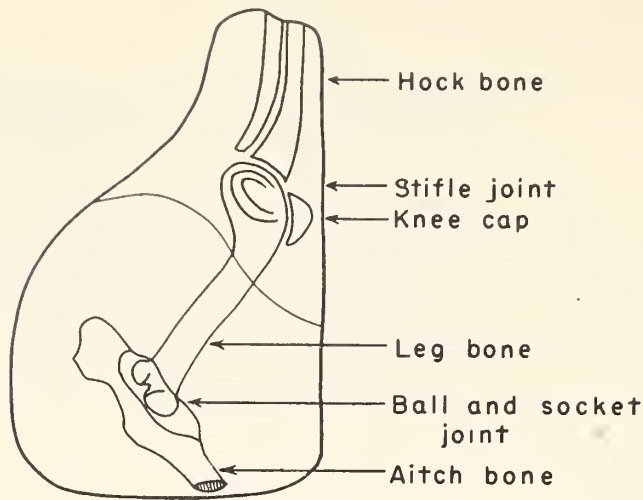
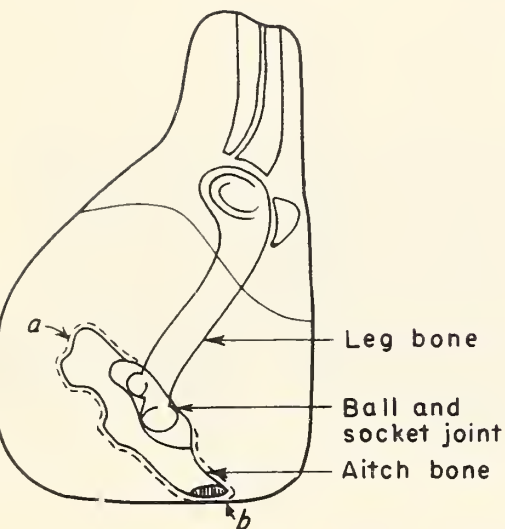


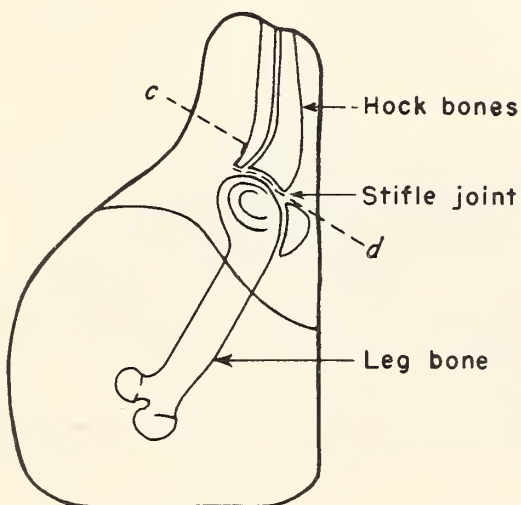
Diagram showing location and name of each bone and joint.



Steps 1 and 2.

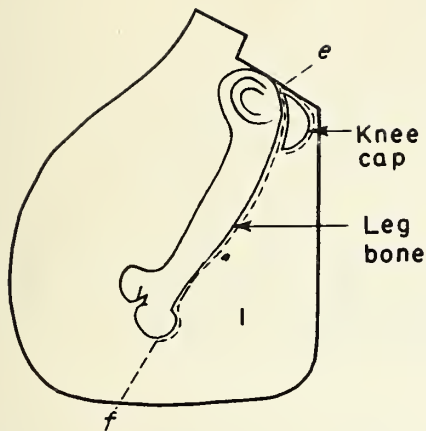
Step 1.--Place ham on cutting board fat side down.

Step 2.--Remove aitch bone. Follow dotted line a--b, using tip of boning knife to cut around and underneath aitch bone. Follow contour of bone closely. With the hand lift aitch bone up at "a" to see position of ball and socket joint. With the point of the knife cut through the joint to separate aitch and leg bones.



Step 3.

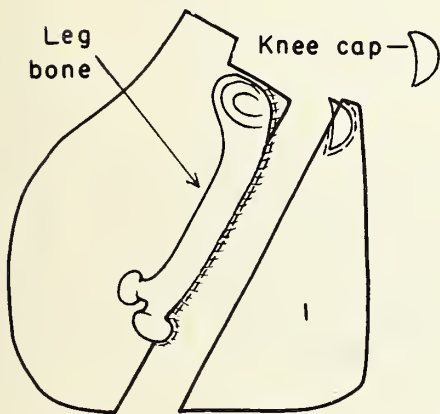
Step 3.--Remove hock following dotted line c--d. Starting at "c" cut through meat to hock bone and down side of bone to stifle joint. With the point of the boning knife cut through stifle joint to separate hock and leg bones. Cut through meat to "d."



Steps 4 and 5.

Step 4.--Trim the ham of skin and excess fat, leaving from $\frac{1}{4}$ to $\frac{1}{2}$ inch of fat.

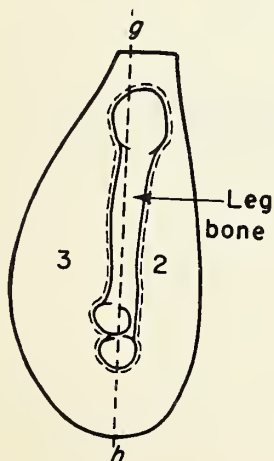
Step 5.--Remove flank side of ham (No. 1 piece). Follow dotted line e--f, cutting between knee cap and leg bone. Cut straight down to cutting board and along side of leg bone.



Steps 6 and 7.

Step 6.--Remove knee cap from No. 1 piece following dotted line.

Step 7.--Cut around upper and lower side of leg bone with point of boning knife to loosen meat near exposed surface of bone. Follow dotted lines.



Steps 8, 9, and 10.

Step 8.--Turn ham partially over so that cut surface of ham and exposed part of leg bone will be on cutting board. This centers the leg bone for the next cutting operation.

Step 9.--Cut the large portion of ham in half (No. 2 and No. 3 pieces), following dotted line g--h. Cut through the meat until the point of the knife touches the bone. As a guide in making this cut, note the exposed ends of the leg bone where the hock and the aitch bones were removed.

Step 10.--Remove leg bone from meat following dotted line around bone with point of knife.

COOKING BONED HAMS

Boned-out hams are cooked by the same methods as those used for hams with the bone in, but the total cooking time will be shorter. Weigh the boned-out ham to estimate the cooking time and bake or boil as follows:

Baked Ham.--Wash thoroughly, place meat fat side up on a rack in an open pan, allowing some space between hams or pieces of ham. Do not add water and do not cover. If a meat thermometer is available, place it in the thickest part of the smallest piece. Bake at 325° F. (low) allowing 25 to 35 minutes per pound, or until the thermometer in the meat registers 170°. When the smallest piece is done, remove it from the oven and place the thermometer in the next largest piece. After baking, allow ham to cool for at least 30 minutes before slicing. If the ham tends to be salty, simmer it in enough water to cover it for a short time before baking.

Boiled Ham.--Place meat fat side up on a rack in a large kettle. Add water to cover. Cook at simmering temperature (just below boiling) allowing 25 to 35 minutes per pound or until thermometer in the meat registers 170° F. If possible, cool pork in the broth in which it was cooked to increase juiciness and flavor. If the ham tends to be salty, change the water after it has simmered for a short time.

Caution: If hams are not to be served on the same day that they are cooked, they should be cooled quickly and refrigerated. Left-over portions of pork products or dishes containing pork products should also be cooled quickly and refrigerated. Do not keep left-over portions of these foods more than 2 or 3 days before using them. Creamed dishes containing pork products should be used the same day they are prepared.

Ham Hocks, Bones, and Trimmings.--The ham hocks, bones, and trimmings from boned-out hams can be used for seasoning when cooking dried beans, greens, or other vegetables.

